



NAVY NEWS



Vol. 35/01

Forward ... from the Sea

August 17, 2001

CNO Clark Lauds the Role of Navy Medicine

By Chief Journalist Walter T. Ham IV, CNO Public Affairs

WASHINGTON (NNS) — A healthy Sailor with a healthy family equals a healthy Navy, according to Chief of Naval Operations Adm. Vern Clark.

The CNO praised the Navy medical community's role in readiness, during an August 10 change-of-command ceremony for the Surgeon General of the Navy and chief of the Bureau of Medicine and Surgery (BUMED).

During the ceremony, Vice Adm. Michael Cowan relieved Vice Adm. Richard Nelson, who is retiring after 34 years of naval service. BUMED oversees the Navy's medical

personnel assigned to hospitals, clinics, ships, Marine units and other activities worldwide.

"No matter what kinds of ships we build and where we send them, our ability to complete the mission boils down to one key element — our people," Clark said. "We go to great lengths to find the best and brightest young people this country has to offer, and they need to be healthy and fit and ready to serve.

"That means that our Sailors and Marines must receive the excellent medical care they deserve on their home base and wherever their

duties may take them," the CNO continued. "That means

are meeting those challenges with a balance of innovative

solutions and good old-fashioned hard work."

Clark said the Navy's medical community has improved service to

"They are getting the job done and doing it well and that is, in large part, due to the men and women of Navy medicine."

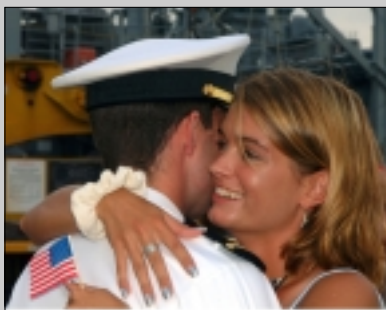
— **Chief of Naval Operations
Adm. Vern Clark**

they must be confident that they are in good-hands, on duty around the globe, and that their families will receive the world's finest health care. We

the fleet with programs like forward-deployable preventive medical units, tele-medicine

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Homecoming



Ensign Tracy Sicks is happily greeted by his wife Laura during a recent USS *Guardian* (MCM 5) homecoming celebration at India Pier. *Guardian*, along with USS *Patriot* (MCM 7), arrived in Sasebo, Japan, after a four-and-a-half-month deployment, during which the ships visited more than four countries and participated in the first Western Pacific Mine Countermeasures Exercise. Photo by Photographer's Mate 1st Class (SW) Marvin Harris

ITEMPO Now Listed on LES

By Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — Sailors, both active-duty and Reserve, can now monitor their own individual personnel tempo (ITEMPO) by consulting their leave and earnings statements (LES).

Located in the remarks section of the LES, the ITEMPO "counter" includes the date the Navy sends the ITEMPO file to the Defense Finance and Accounting Service (DFAS). It also includes the number of high-tempo deployment days accrued since October 1, or since entering military service.

The counter reflects a Sailor's deployment days in a 730-day rolling calendar, beginning October 1, or the accession date, whichever is later.

Vice Adm. Norb R. Ryan Jr., Chief of Naval Personnel, views this change as another opportunity to empower Sailors.

"While tracking Sailor deployment

days remains a leadership responsibility, the counter in the LES remarks will encourage personal involvement in, and awareness of, the ITEMPO tracking process," said Ryan. "But what's just as important is effective data entry and program maintenance that will necessitate continued command diligence."

Ryan will continue to review and assess current policies on distribution, career progression and other personnel-related matters to gauge the potential ramifications of ITEMPO.

"My goal is to further assist Navy leadership in achieving the best possible balance between the Navy's global commitments and the time Sailors must be away from their homes and families," said Ryan. "Continued

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Research Confirms Ecstasy's Long-Term Damage

By Susan M. Koerner, Naval Forces Marianas Public Affairs

GUAM (NNS) — The club drug ecstasy has mushroomed into one of the most widely used, yet deadly, drugs currently making the rounds on the street.

Early results of studies on humans show lasting brain damage in those who use the drug. The results were presented during the recent National Institute of Drug Abuse (NIDA) conference at the National Institute of Health in Bethesda, Md.

In a study at University College in London, researchers studied current and former ecstasy users and compared them with people who smoked marijuana and abused alcohol. The results showed marked impairments on the memory and concentration tests of ecstasy users. Even

after a year, these users had not shown any recovery of their memory.

“Alcohol abuse can cause damage to the brain,” said Chief Boatswain’s Mate Jeffery Meyer, drug and alcohol abuse counselor at Naval Hospital Guam. “The fact that ecstasy does even more damage is startling.”

The Navy has a zero tolerance stance on substance abuse. It is currently stepping up its methods to detect ecstasy and other synthetic drugs in urinalysis testing.

“We know it’s prevalent and we know Sailors are using it,” said Meyer. Part of the drug’s popularity is that it leaves the body quickly, making it difficult to detect.

“The Navy has lowered threshold levels in the urinalysis testing to more easily detect ecstasy,” Meyer said.

Published reports said that the military is increasing the frequency of random drug testing and implementing harsher penalties for first-time offenders. Anyone caught selling narcotics faces a court-martial.

Despite street talk to the contrary, Meyer cautions that the drug can be dangerous in many ways — even deadly.

When used in clubs or raves, users dance in close quarters, and they usually do not drink enough water. Dehydration and extreme body temperature has been

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Rumsfeld Responds to Town Hall Questions

By Rudi Williams, American Forces Press Service

WASHINGTON (NNS) — The audience was told that anything was fair game when they asked Defense Secretary Donald Rumsfeld questions during a 45-minute Pentagon town hall meeting on Aug. 9.

Rumsfeld responded to a variety of questions posed by service members and civilian employees in the Pentagon auditorium, and also answered questions e-mailed and faxed to the Pentagon from around the world.

Before taking questions, Rumsfeld offered his view of what he has found since becoming secretary of Defense. First is a years-old force-strategy mismatch.

“We’ve not had the forces for the strategy and the strategy didn’t fit our forces,” he said. As a result, he said, the forces and equipment have been overused.

“The average age of aircraft has gone up about 10 years, ships are getting older and the maintenance cost is rising.”

Infrastructure, whether it’s housing, hangars or buildings, hasn’t been replaced or maintained at the rate it would be in the private sector, he said.

Consequently, Rumsfeld said the Department of Defense (DoD) is faced with a number of tasks, such as balancing and modernizing the forces and transforming the force to meet new threats, such as cyber attacks and terrorists.

There doesn’t seem to be a full understanding of the effects of the “procurement holiday” or the effects of overusing a shrinking force, Rumsfeld said. “The magnitude of it is significant.”

During a review of

defense policies, DoD is trying to find ways to balance various risks, including dealing with the need to modernize the force and get maintenance costs down, according to Rumsfeld.

“The risks are to the people,” the secretary said. “We need to treat people right and see that we have the right set of incentives for them so we’re able to attract and retain the people we need.” There’s also the risk of transformation, he pointed out.

“If we fail to meet the new threats in three to five years, and don’t make the investments now, we put our country at risk,” Rumsfeld said.



Secretary of Defense Donald H. Rumsfeld
Photo by Scott Davis, U.S. Army

The first question Rumsfeld fielded came by way of an e-mail from a Navy chief petty officer in Florida,

See **Rumsfeld**, page 5

Navy Ends Search for Missing Aviators

By Navy News Service

NORFOLK, Va. (NNS) — The Navy has terminated its search for two aviators missing since Aug. 8, when their F-14D Tomcat failed to return to USS *Constellation* (CV 64).

The ship lost communication and radar contact with the aircraft while it was conducting routine flight operations in the Bay of Bengal region in the Indian Ocean.

Aircraft and ships assigned to the carrier battle group searched for the aircraft. *Constellation*, based in San Diego, had left the Persian Gulf prior to arriving in the Indian Ocean.

The pilot, Lt. Cmdr. Robert Wayne Sides, and the radar intercept officer, Lt. Richard Stephen Pugh, are presumed dead. Both were assigned to Fighter Squadron (VF) 2 based at Naval Air Station Oceana in Virginia Beach, Va. The squadron is assigned to Carrier Air Wing (CVW) 2.

Sides, 39, of Scottsdale, Ariz., had been in the Navy for more than 20 years.

Pugh, 30, resided in Virginia Beach. He had been in the Navy for 6 years.

The accident is under investigation.

OSW Coalition Forces Strike Iraq

By U.S. Central Command Public Affairs

TAMPA BAY, Fla. (NNS) — In response to recent Iraqi hostile acts against coalition aircraft monitoring the “no-fly zones” in Iraq, Operation Southern Watch coalition aircraft used precision-guided weapons Aug. 10 in a strike against military communication, radar and missile sites in southern Iraq.

Military officials said that they are assessing the damage to those targeted sites.

Coalition strikes in the no-fly zones are executed as self-defense measures in response to Iraqi hostile

threats and acts against Coalition forces and their aircraft. If Iraq were to cease its threatening actions, Coalition strikes would cease as well. The last coalition strike in the Southern no-fly zone was against an Iraqi anti-aircraft artillery site on July 17.

To date, there have been more than 1,000 separate incidents of Iraqi surface-to-air missile and anti-aircraft artillery fire directed against coalition aircraft since December 1998, including more than 375 this year.

Iraqi aircraft have

violated the Southern no-fly zone more than 160 times during that time.

Coalition aircraft never target civilian populations or infrastructure and go to painstaking lengths to avoid injury to civilians and damage to civilian facilities.

The USS *Enterprise* (CVN 65) Carrier Battle Group is currently patrolling the Persian Gulf. Aircraft assigned to Carrier Air Wing (CVW) 8 are enforcing the Southern no-fly zone in Iraq.

For more information on the U.S. Central Command, go to www.centcom.mil.

Hauling In



Boatswain's Mate 3rd Class Larry Sherri and Seaman William Garcia of deck department, 2nd Division, participate with line handling on board San Diego-based USS *Tarawa* (LHA 1) prior to getting underway for Amphibious Orientation Training, or AOT.

Photo By Photographer's Mate 3rd Class Robert B. Ellis

NTC Great Lakes a Great Place to Make Chief

By Chief Journalist Rhonda Burke, Naval Training Center Great Lakes Public Affairs

GREAT LAKES, Ill. (NNS) — For the second year in a row, Sailors serving at Naval Training Center (NTC) Great Lakes have been selected at a higher rate for promotion to chief petty officer (CPO) than their Navy-wide counterparts.

While 28.8 percent of eligible candidates Navy-wide were selected for promotion to CPO, 38 percent of eligible candidates serving as recruit division commanders (RDC) and

Service School Command (SSC) instructors at Great Lakes were advanced.

"We are getting talented people to come to Great Lakes, and the Navy realizes that it is an important duty station," said Chief of Naval Operations-directed Master Chief (SW/AW) Jon

Thompson, command master chief for NTC Great Lakes. "Our recruit division commanders and instructors reap the benefits of the critical jobs they do in increased advancement opportunities."

One hundred forty Sailors serving at the training center will pin on their CPO anchors in September. Of those, 135 are serving in billets at Recruit Training Command or Service School Command. Two are instructors at the Navy's only Hospital Corpsman School and the remaining three serve in support positions.

The advancement rate for eligible candidates at RTC was 43 percent. The command will promote 73 Sailors to CPO this year. The advancement rate at SSC was 33 percent, resulting

Year for 2000, believes it was his tour as an RDC that the selection board recognized in selecting him.

"Being an RDC forces you to be a leader and the

Command," said CMDMC(SW) Alan McCue.

"When the new Sailor reports to Service School Command, they have a knowledge of the core values, but this is their first opportunity to apply the core values in their daily routine," McCue added. "The E-6s assigned as instructors are not only teaching technical skills, but are dealing with the decisions these new Sailors make regarding liberty, smoking, alcohol use, wearing civilian clothes and entering relationships."

McCue says SSC Great Lakes is the largest training command under the Chief of Naval Education and Training.

"Our instructors are dealing with up to 400 Sailors a day," McCue said. "Their outstanding performance is evident by the continued high-promotion rate to chief petty officer by those assigned to SSC."

Electronics Technician 1st Class James Ritch, another CPO selectee, says he honed his leadership skills while serving as an "A" school instructor. Ritch, the SSC Sailor of the Year, also made CPO on his first time at the board.

"No where else can you have this many fresh minds who look up to you and rely on you for leadership," Ritch said. "This is where I have learned to work with people."

For more information about NTC Great Lakes, go to www.ntcgl.navy.mil.



Electronics Technician 1st Class James Ritch (left) instructs student Seaman William Paterson from Philadelphia, Pa., in a classroom lab. Ritch is among 73 Sailors assigned to Service School Command, Naval Training Center Great Lakes, who were selected for promotion to chief petty officer.

Photo by Photographer's Mate 1st Class Michael Worner

in 73 new CPOs.

"This shows that the board recognizes the strong leadership skills of a recruit division commander," said Command Master Chief (CMDMC)(SW) Bernie Quibilan, RTC's command master chief. "The job of an RDC builds strong leaders, because they must take up to 94 civilians, lead, train and mentor them while developing them into Sailors. You have to be goal-oriented and have strong leadership skills to do the job."

Engineman 1st Class Richard O'Rawe, a CPO selectee and the RDC of the

board knows the importance of training the future of the Navy," said O'Rawe.

"Tomorrow's master chief is today's recruit. We are training the future." This was the first year O'Rawe was eligible for selection to CPO.

Last year, 112 Sailors assigned as instructors and RDCs advanced to CPO while serving at Great Lakes. That was a 31-percent advancement rate compared to a 26-percent advancement rate Navy-wide.

"Nowhere in the training accession pipeline or in the fleet is the challenge for a first class petty officer as arduous as at Service School

Research, con't. from pg. 2

the cause of death for many users, according to NIDA.

"It can raise your body temperature to as high as 108 degrees," Meyer said.

Psychological complications include confusion, depression, sleep problems, drug cravings, severe anxiety and paranoia. The effects can sometimes last weeks after taking the drug.

Physical symptoms such as muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid-eye movement, faintness and chills or sweating are also side effects of the drug.

Medical evidence suggests that users who develop a rash, similar in appearance to acne, may be risking liver damage if they continue to use the drug.

Emergency room visits

have skyrocketed as a result of ecstasy use. "Twenty-one hospitals in the U.S. reported an increase from 250

admissions in 1994 to 4,500 in 2000," Meyer added.

Since ecstasy is a synthetic drug, its potency varies, according to researchers. Users don't

know what they are purchasing, with some dealers passing off concoctions of caffeine or dextromethorphan, an ingredient in cough syrup.

"You don't know what you're getting," Meyer

added.

The drug affects the serotonin levels in the brain, forcing the serotonin out and changing the structure of the brain cell.

In addition to these changes in serotonin sites, scientists have found that ecstasy injures serotonin neurons. These neurons don't grow back in the normal fashion and might not grow back in the right location.

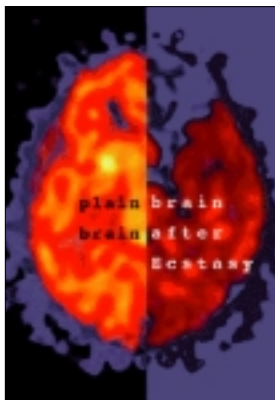
Meyer stressed the drug is highly addictive. "It's so important that they stop now if they are using it, before they destroy themselves,

their lives and their families."

Active-duty military personnel who test positive for drug use are usually processed for an administrative discharge. If other circumstances, such as an assault or an arrest occur with the drug use, they could face additional charges under the Uniform Code of Military Justice (UCMJ).

Each command has a drug and alcohol program adviser who can refer Sailors or their family members to resources. Locally, outreach programs by the Mental Health Department are also available to commands.

For more information about ecstasy, go to <http://navdweb.spawar.navy.mil> and access the link "drugs of abuse."

**Rumsfeld, con't. from pg. 2**

who asked whether plans were afoot that would require military personnel to serve more than 20 years in order to retire.

"No," the secretary responded. He pointed out that the retirement issue is still being discussed and would take a long time to resolve.

"We're looking at whether people could serve in a tour longer, which goes hand-in-hand with lengthening the total number of years people serve in the military," the Defense secretary replied.

Rumsfeld said he's asked several 46- and 47-year-old service members what they were thinking of doing next and they said the military's "up or out" policy meant they had to leave.

"There are private-sector companies that value people over 46, and it seems to me we ought to think about that," Rumsfeld said. "Over time, we may be talking with folks about whether we ought to lengthen the number of years. It would not have anything to do with how long someone had to serve or didn't have to serve."

To a DoD civilian's faxed question

on base closures,

Rumsfeld estimated the department's excess base structure at 23 percent.

"Money being spent on excess bases is money not being spent on needed weapons, forces and transformation. That's unwise, imprudent and unacceptable," Rumsfeld exclaimed. His bottom line: Some excess bases must be closed.

An airman in Korea asked if the U.S. military mission in Asia would change as warmer relations develop with North Korea and China.

Rumsfeld said the U.S. goal is to have a peaceful relationship with those countries, "but it's yet to be written how circumstances will change. Peace and stability underpin prosperity."

"We have to have peace and a stable world if the bulk of the people in the world are going to have the opportunities to go about their lives and take care of their families," the Defense secretary said. "We can find a more peaceful world in Northeast Asia, and it still may be desirable to have troops forward-

deployed in Asia, because they contribute to a more peaceful and stable world. We're playing an important role in Asia, and I suspect we will be for some time to come."

A military family support group, challenging the current military operations tempo, asked when deployment rates would return to "normal" levels.

"I'm trying. I've already been trying. I will continue to try," Rumsfeld said. However, he emphasized, DoD will always have to deploy troops to many places around the world.

"It's not bad that we're doing it. Some of it's very good in terms of engagement with other countries. The training is valuable, relationships that are developed are valuable," Rumsfeld said. "But it has to be done at a level that's rational, that doesn't wear people out and doesn't drive people away from this institution, because we need the best people."

To read the text of the town hall meeting, go to www.defenselink.mil.

CNO, con't. from pg. 1

systems and TRICARE Prime remote services that deliver "whole person health care" directly to Sailors and Marines.

He also praised Navy Medicine for its continued focus on improving quality of service, customer service and business practices, noting that in recent surveys "our Navy is increasingly pleased by the prompt, courteous and professional care they are receiving." Clark added that customer satisfaction is higher for Navy medicine than it is with equivalent civilian health maintenance organizations.

The CNO also noted that Navy preventive medicine programs have set the world standard for proactive health care.

"The days of waiting for sick patients to walk in the door are long gone, replaced by a system of whole life health management," Clark said. "We are finding that a dollar spent in prevention is a dollar well invested. We have just begun to tap the savings we can generate by avoiding costly crisis-medical care. That means we have a healthy Sailor in the fleet, instead of in a hospital bed. That means we have a well-manned Navy at maximum readiness.

"Right now, as we conduct this ceremony, 51,500 Sailors and 101 ships of our Navy are out there forward on the point, in carrier battle groups and amphibious ready groups," the CNO said. "They are getting the job done and doing it well and that is, in large part, due to the men and women of Navy medicine."

For more information on Navy medicine, go to <http://navymedicine.med.navy.mil>.

LES, con't. from pg. 1

support in implementing this complex and far reaching program is greatly appreciated."

Commands are required to establish procedures that periodically review each Sailor's deployment history and ensure that all known ITEMPO events are entered into the Navy personnel database accurately and promptly.

All personnel are encouraged to become familiar with what does, and does not, constitute an ITEMPO deployment event. Sailors are encouraged to bring questions regarding their ITEMPO counters on the LES to their chain of command or the command's designated ITEMPO coordinator.

For more information on ITEMPO, see NAVADMIN 191/01 or go to the ITEMPO link at located at www.bupers.navy.mil.

This Week on Navy/Marine Corps News

Look for the following stories and more on next week's Navy/Marine Corps News show:

- We'll update you on the status of repairs to USS *Cole* (DDG 67) at Litton-Ingalls shipyard in Pascagoula, Miss;
- See the future of the high-speed Navy as we go aboard the *Sea Slice*;
- Get ready to storm the beaches during a weekend of remembrance at Solomons Island, Md.;
- Naval Special Warfare operators past and present come together during the UDT reunion in Little Creek, Va.

Compiled on tape #2001-34, the show is on its way to the fleet now.

This Week in Naval History:

- Aug. 21, 1776: The Continental sloop *Providence*, under the command of John Paul Jones, sails on its first war cruise. The vessel captures 16 British ships between the Delaware Capes and Nova Scotia.

- Aug. 22, 1814: Commodore Joshua Barney burns the vessels of his Chesapeake flotilla on the upper Patuxent River. He and his crew of Sailors and Marines later join the land forces assembling to defend Washington, D.C.

- Aug. 23, 1963: The first satellite-relayed telephone conversation between heads of state takes place aboard USNS *Kingsport* (T-AG 164), a satellite communications ship. The vessel, operating near Lagos, Nigeria, connects President John F. Kennedy, in Washington, D.C., with Nigerian Prime Minister Balewa, who was aboard the ship.

- Aug. 24, 1912: The transport *Rainbow* lands a company of Marines near Shanghai, China, to protect American lives and property during revolutionary disturbances.

- Aug. 25, 1951: Navy fighter jets from USS *Essex* (CV 9) escort Air Force B-29 "Superfortresses" on an attack on Rashin, North Korea, a major rail center only a few miles south of the Soviet border. The target was estimated to be beyond the range of land-based fighters.

- Aug. 26, 1839: The Navy brig *Washington* seizes the Spanish slave ship *Amistad* near Montauk Point, N.Y. The brig was a vessel that had two square masts.

Visit the Naval Historical Center Web site at www.history.navy.mil for more information about naval history.

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